

Windsor County

Stay Steady Guide

1. Upper Valley Senior Center

General exercise
10 Campbell Street
Lebanon, NH 03766
Chair Exercise for Seniors.

2. Bugbee Senior Center

Strength training
262 North Main Street
White River Junction, VT 05001
Must sign up in advance; call for updates to class sessions & times.

3. Andover Community Church

Bone Builders-Strength training
928 Weston-Andover Road
Andover, VT 05143

4. Brownsville Town Hall

Bone Builders-Strength training
22 Brownsville-Hartland Road
West Windsor, VT 05089

5. Cavendish Baptist Church

Bone Builders-Strength training
2258 Main Street
Cavendish, VT 05142

6. Damon Hall

Bone Builders-Strength training
1 Quechee Road
Hartland, VT 05048

7. Olde Windsor Village

Bone Builders-Strength training
65 State Road Windsor, VT 05089

8. Thompson Senior Center

Bone Builders-Strength training
99 Senior Lane
Woodstock, VT 05091

9. Martin Memorial Hall-

Bone Builders-Strength training
5259 US-5
Ascutney, VT 05030

10. Bugbee Senior Center

*Tai Chi
262 North Main Street White River Junction, VT 5001
Must sign up in advance; call for updates to class sessions & times.

11. Go4Life- <https://go4life.nia.nih.gov/>

This is a program created and sponsored by the National Institute on Aging at NIH. Check the website for videos and descriptions of exercises for strength, balance, and flexibility. You can order a free DVD, exercise book, and a “Workout to Go” poster that includes planned exercise routines.

12. *Fallscape- Home-based falls education

Call 802-863-7227 for a FallScape appointment or information.

Fallscape is offered statewide by VT Department of Health and includes: A falls screening, 1-hour session with a trained volunteer in your home or location of your choice, weekly follow-up calls for 3 weeks, 1-hour follow-up session, monthly check-in by phone

For More Information

Call The Senior HelpLine: (800) 642-5119

8:30 am to 4:30 pm

One call to the Senior HelpLine can provide you with the answers you need about the resources and programs that support your health and independence

* Top Choice: Research tested and demonstrated to be effective for fall prevention